Annual Report

OF THE

Nova Scotia

Alcoholism Research Foundation

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THE HONOURABLE RICHARD A. DONAHOE, LL.B., Q.C.,

Minister of Public Health,

Sir:

I beg to offer herewith the Report of the Alcoholism Research Foundation for the year 1968.

Respectfully submitted,

CHARLES M. HARLOW,

Chairman.

To His Honour,

THE HONOURABLE VICTOR deB. OLAND, V.D.,

Lieutenant Governor of Nova Scotia.

Sir:

I beg to present herewith the report of the Nova Scotia Alcoholism Research Foundation.

I have the honour to be,

Sir,

Your most obedient servant,

RICHARD A. DONAHOE,

Minister of Public Health.

NOVA SCOTIA ALCOHOLISM RESEARCH FOUNDATION

1968

MEMBERS:

Charles M. Harlow, C.D., B.Sc., Ph.D., M.D., C.M., D.Sc.,
Halifax . . . . . .Chairman

M. Grace Wambolt, B.A., LL.B., Q.C.,
Halifax . . . . . .Vice-Chairman.

Leo C. Hogan, Lt.–Colonel,
Halifax

Angus Norman MacDonald, B.A.,
Glace Bay

Raymond H. MacFarlane, B.A., B.D., S.T.M.,
Bedford

Clyde S. Marshall, M.D., C.M.,
Halifax

Hector J. Pothier, M.D., C.M.,
Yarmouth

Harold L. Scammell, M.D., C.M.,
Halifax

Edison B. Skinner, M.D., C.M.,
New Glasgow

STAFF MEMBERS:

J. Murray Snow, M.Sc., M.D., C.M.,
Halifax . . . . . Executive Director

Margaret M. Caswell, (Mrs.), R.S.W.,
Halifax . . . . . Social Worker

Edward T. Fitzpatrick, B.A.,
Halifax . . . . . Field Representative

Madeline E. O'Sullivan (Mrs.),
Halifax . . . . . Welfare Officer

Diana M. Rudolph,
Halifax . . . . . Secretary

E. Jean Morrison, (Mrs.),
Halifax . . . . . Stenographer

Harold L. Scammell, M.D., C. M.,
Halifax . . . . . Consultant in Alcoholism

MEDICAL ADVISORY COMMITTEE

Robert C. Dickson, O.B.E., M.D., F.R.C.P., F.A.C.P.,
Halifax

F. Murray Fraser, M.D., C.M.,
Halifax

Robert O. Jones, B.Sc., M.D., C.M., F.A.P.A.
Halifax

STANDING COMMITTEES

Policy and Personnel Committee

Dr. H. L. Scammell, Chairman
Mr. L. C. Hogan
Dr. C. S. Marshall
Dr. H. J. Pothier
Dr. C. M. Harlow, ex officio
Dr. J. M. Snow, ex officio

Field Program Committee

Miss M. G. Wambolt, Chairman
Rev. R. H. MacFarlane
Dr. E. B. Skinner
Dr. C. M. Harlow, ex officio
Dr. J. M. Snow, ex officio

Long-Range Planning Committee

Rev. R. H. MacFarlane, Chairman
Mr. A. N. MacDonald
Dr. C. S. Marshall
Dr. H. L. Scammell
Dr. C. M. Harlow, ex officio
Dr. J. M. Snow, ex officio

During the calendar year 1968 the Nova Scotia Alcoholism Research Foundation has functioned under the direction of the nine members appointed by Governor-in-Council in December, 1967. Doctor C. M. Harlow was again designated as Chairman and Miss M. Grace Wambolt as Vice-Chairman. The Foundation Members held regular quarterly meetings with an Annual Meeting held during the month of October.

Special Committees appointed by the Foundation also meet as required for appropriate maintenance and development of various aspects of the Foundation program. These are standing committees for the year and are concerned with Policy and Personnel, the Field Program, and Long-Range Planning. The composition of each committee includes at least three Foundation Members supplemented by the Foundation Chairman and Executive Director, who serve as ex officio members of all committees.

The Medical Advisory Committee, composed of three members of the medical profession, was re-appointed by Governor-in-Council for an additional one-year term.

During the year 1968 the Foundation program was continued along the previously established lines in the designated fields of research, education, treatment and rehabilitation, with no change in staff or facilities.

RESEARCH

A limited extra-mural research program has been continued through financial assistance by means of grants in aid for appropriately approved research projects in Nova Scotia Universities. Approval of these research projects has been based on recommendation of the Medical Advisory Committee augmented by members of the Foundation who have experience in the field of medicine or research.

A major research project by Doctor W. K. Caird of the Department of Psychology, Dalhousie University, was carried over from the last Fiscal Year and has now been completed. The project was entitled, "An Investigation of the Effects of Alcohol on Human Learning" and, in part, has enabled a thesis on "Dissociative Effects of Ethyl Alcohol" by Mr. R. E. Tarter, to be submitted to the Faculty of Graduate Studies at Dalhousie University.

A second research project supported by the Foundation has been completed by Mr. David V. Warren, Department of Psychology at Saint Francis Xavier University, Antigonish. This project constituted "An Investigation Into the Relevant Variables Connected with the Degree of Alcoholism in an Indian Community in Nova Scotia."

A third study, which had been initiated in 1967 under Foundation sponsorship, has been continued and completion is anticipated by the end of the present Fiscal Year. This project entitled, "An Effort to Isolate in Part the Emotional Correlates of Alcohol Addiction", under the direction of Doctor Marcia Earhard, Department of Psychology, Dalhousie University, has had some interesting results indicated in a preliminary report.

A continuing project on "Histochemical Studies in Liver Cirrhosis" under the direction of Doctor Robert C. Dickson, Professor of Medicine at Dalhousie University and Head of the Department of Medicine at the Victoria General Hospital, was approved for further support.

Applications will be invited for additional extra-mural research projects in 1969.

EDUCATION

The Foundation's educational efforts during the year have included the Field Program of community organization, industrial programming and public relations, along with an expanding program of professional education, staff education and summer school scholarship awards.

Community Organization

There are now eight Local Committees on Alcoholism organized throughout the Province. The Field Representative maintains regular liaison with these Committees of interested citizens who serve on a voluntary basis. The groups located in Sydney, Antigonish, New Glasgow, Middleton, Digby and Yarmouth had been re-organized last year and showed an increased level of interest and activity during 1968. In addition two new Committees have been organized and these are located in Glace Bay and the Bridgewater-Lunenburg area.

Other areas of the Province are being considered for community organization and some field work has already been done in this regard. Accordingly, committees in two additional areas are anticipated for the near future, making a total of ten active committees, which is considered the maximum number that can be adequately serviced at present. The Field Representative attends monthly meetings in each locality and the Executive Director visits the Committees periodically.

Many aspects of the problems of alcoholism have been studied and discussed by the Local Committees. Several of these Committees have been active in carrying out programs in the school setting and others who are more

treatment orientated have been directing their efforts toward the utilization of more facilities for the treatment of those suffering from alcoholism in the Province of Nova Scotia.

The Foundation has favourably received a proposal from the Sydney Committee for the establishment of a referral center in that region at such time as it becomes financially feasible.

The interest and concern of the public-spirited citizens serving on all the Local Committees is indeed most commendable. From their increased knowledge of alcoholism as both a health problem and a social problem, they are in an ideal position to carry out educational programs within their own communities by means of public meetings and seminars, as well as by individual efforts. At all times emphasis is placed on the utilization by the community of existing facilities in their respective areas to deal with the problem of alcoholism.

The results of the Foundation's Field Program of community organization will only become apparent over an extended period of time. However, there are indications already that in areas where Committees are active, the people of the community are becoming more aware of the problem of alcoholism and of the need for positive action.

INDUSTRY

Industry is becoming increasingly aware of the problem of alcoholism among employees, and one indication of this is the utilization of the Foundation Clinic in Halifax for referral purposes in this area.

The services of the Foundation staff, particularly those of the Field Representative and the Executive Director, are available in an advisory-consultative capacity for business and industrial organizations considering the institution of alcoholism programming. Experience elsewhere has shown an encouragingly high success rate in controlling the problem in an industrial setting.

Foundation staff members have, on invitation, met with the management and supervisors of a major oil company who were introducing a policy on alcoholism to their employees on a nation-wide basis. The Field Representative delivered a series of 13 talks on alcoholism to the employees of an industrial complex operated within the Federal Civil Service in the Halifax area. The Executive Director participated in a panel discussion on alcoholism attended by the members of the Federal Institute of Management in Halifax, in co-operation with representatives of the Public Service Commission of

Canada and the Department of National Health and Welfare. A large industrial plant in the Province has indicated interest in having a series of talks given to its employees as an early step in dealing with the problem of alcoholism.

Public Relations

This aspect of the Foundation's educational program has required the active participation of various staff members in responding to requests for qualified speakers, panelists or discussion leaders in varied settings.

The Field Representative has, over the past year, given 38 talks to various groups throughout the Province. These groups have included young people in church youth groups, Y.M.C.A., Y.W.C.A., Allied Youth and junior and senior high school students, and at the more senior level such groups as welfare organizations, industrial organizations and interested citizens have been addressed. The continued and growing interest shown by these groups indicates a greater desire for information regarding the problem of alcoholism on the part of the general public and the sincere interest of the younger members of society is most encouraging in this regard. The interest concerning alcoholism that is shown in the extremely active group discussions that invariably follow a staff presentation make it very evident that the public is becoming increasingly more aware of the problem of alcoholism.

Invitations to participate in the presentations by means of mass media are accepted whenever possible, and during the past year the Executive Director has had radio and television interviews in the Halifax area dealing with the work of the Foundation, as well as a television interview in Cape Breton accompanied by the Chairman, Doctor Harlow, and a radio interview in the Annapolis Valley region. Press coverage and editorial comment has also assisted in acquainting an inestimable number of people with the Foundation's efforts.

The Nova Scotia Federation on Alcohol Problems has conducted a series of youth workshops throughout the Province during the past year and the Alcoholism Research Foundation has endeavoured to provide the services of one or more of its staff members at each of these workshops. The Chairman, Doctor Harlow, has also assisted in this series of presentations, and Foundation staff members have been available for participation in workshops held in Halifax, Wolfville, Yarmouth, Amherst, Caledonia and Truro.

Continuous maintenance of a mutually advantageous relationship has been maintained with the fellowship of Alcoholics Anonymous and the Al-Anon Family Groups.

Professional Education

The Foundation has continued to receive many requests for lectures and clinical demonstrations from groups who are directly concerned with the problem of alcoholism and whose fields of work bring them in close contact with the alcoholic individual. These requests, in the field of professional education, are met by the Executive Director, if possible, or a designated member of the staff.

The interest noted last year by the fields of social welfare and nursing has continued to increase this year. Several groups of social workers, both at the student level and those in the field, have obtained orientation toward the problem of alcoholism and a large class of student welfare officers at the Nova Scotia Institute of Technology has attended teaching sessions. Our educational services have also been utilized by the nursing profession, both at under-graduate and post-graduate level. The teaching clinics for senior student nurses from the Victoria General Hospital School of Nursing, conducted at the Foundation's Out-Patient Clinic, have proven most successful and their continuation has been requested. In conjunction with the Institute of Pastoral Training. students in Theology at the University of Kings College and Pine Hill Divinity College have received clinical orientation toward the problem of alcoholism. Whenever possible, professional education sessions are held in the geographic setting of the Out-Patient Clinic in order to permit wider staff participation as well as clinical case presentations and the use of audio-visual aids to illustrate techniques of diagnosis and management.

At the Annual Meeting of the Nova Scotia Branch of the Canadian Public Health Association held in Kentville, a panel discussion on the problem of alcoholism and drug addiction was included. Doctor Snow participated as a panelist and discussion leader and reported a very high level of interest by those working in the field of public health. He also contributed to a seminar presentation on alcoholism for the nursing staff of the Halifax City Health Department.

Lectures on alcoholism were given to the Residents in Psychiatry at the Victoria General Hospital in Halifax, the graduate and student nursing staff at the Glace Bay General Hospital in Glace Bay, student nurses at Saint Martha's Hospital in Antigonish, sociology students at Saint Mary's University in Halifax, and senior students at the Nova Scotia Teachers College in Truro.

The staff of the Alcoholism Research Foundation will continue to provide services in professional education when interest is evident or assistance is requested.

Summer School Scholarships

Increased response was again noted regarding the policy of the Foundation in providing scholarships for alcohol studies. Scholarships of a value of $500 each enabled successful candidates to attend the Summer School of Alcohol Studies at Rutgers University in New Brunswick, New Jersey.

Five scholarships were awarded for this purpose in 1968. Recipients included three clergymen, located in Dartmouth, Bridgewater and Caledonia, and two social workers active in the Glace Bay and Antigonish areas. On completion of their training these participants reported that the courses were extremely informative and beneficial to their specific fields of endeavour.

Continuation of the scholarship program is anticipated in order to further increase the number of knowledgeable individuals who in turn are in a position not only to help create an awareness of the problem at the community level but also to act constructively in dealing with it. The Foundation's policy of offering Summer School Scholarships has received very favourable comment from recognized leaders in the field of alcohol education and should justify increasing support in the years ahead.

Staff Education

In a continuing policy of education Foundation staff members have attended conferences and courses to further their knowledge and training in alcoholism and in their individual professional fields. It is also highly desirable for workers in the field of alcoholism to become familiar with current progress in many aspects of the subject at more distant centers.

The Executive Director, Doctor Snow, the Field Representative, Mr. Fitzpatrick, and the Chairman, Doctor Harlow, attended the Third Canadian Conference on Alcoholism in Edmonton, Alberta, in June, 1968.

The Social Worker, Mrs. Caswell, attended the Institute of Alcohol Studies held at MacMaster University in Hamilton, Ontario, in August, and also attended a Conference of Young People in Alcoholics Anonymous in Toronto, Ontario. Under Foundation sponsorship Mrs. Caswell completed a course in public speaking through the Extension Department of the University of Kings College in Halifax. She also attended meetings and conferences of the Nova Scotia Association of Social Workers providing information in the field and continuing contact with other association members.

Doctor Snow and Mrs. O'Sullivan attended the International Congress on Alcohol and Alcoholism held in Washington, D.C., in September. This was an exceptional opportunity to attend a wide variety of lectures and discussions involving workers in the field from many nations.

The Executive Director again attended the Annual Dalhousie Medical Refresher Course to enable him to maintain a continuing program of medical education. He also attempts to maintain liasion with other members of the profession through personal membership in the Medical Societies, and attendance at their periodic meetings.

The Field Representative attended the Rutgers Summer School of Alcohol Studies in New Jersey to further his knowledge of community planning and industrial programming.

Treatment and Rehabilitation

The Out-Patient Clinic in Halifax, operated by the Nova Scotia Alcoholism Research Foundation, has now been in existence for five years. During this period there has been a continuing yearly increase in the number of afflicted individuals seeking treatment with a total of 767 patients now registered. In addition to treatment of persons suffering from alcoholism, many family members of either registered patients or afflicted individuals who have not yet sought help, avail themselves of counselling services. The treatment program appears to be reaching an increasingly appreciable percentage of the alcoholic population of the area and the actual rate of growth of case load would appear to be levelling off.

The Executive Director continues in the capacity of Clinic Physician along with primary duties in the field of administration and professional education. Medical services are provided by a local physician on a per diem basis at such times as the Executive Director is involved in duties outside the City or Province. Mrs. Margaret Caswell, the Social Worker, and Mrs. Madeline O'Sullivan, the Welfare Officer, both serve as counsellors for clinic patients and their families. With clerical staff support, the Clinical program appears to have functioned quite efficiently during the past year.

This year 204 new patients have registered for treatment. This number, along with previously registered patients returning for continuing management, make up a total of 472 individuals utilizing the treatment services. These registration statistics are shown in Table I with figures for the previous year included for purposes of comparison.

TABLE I

	1967	1968
Total Cases on File	563	767
New Patients Registered During Year	190	204
Total Patients Treated During Year	300	472

The sources of referral of the new patients are shown in Table II. The general change in pattern in the sources of referral that has developed as the clinical program has become better established would indicate that there is a greater professional awareness of alcoholism as well as a greater awareness by the general public of alcoholism and the need for early recognition.

TABLE II

SOURCES OF REFERRAL

Self, Family and Friends	59
Social Agencies	33
Court and Probation Services	22
General Hospitals	18
Civil Service and Industry	18
Clinic Patients	17
Nova Scotia Hospital	14
Alcoholics Anonymous	12
Physicians	7
Clergy	4
TOTAL	204

The treatment approach utilized at the Alcoholism Clinic includes physicial examination, laboratory investigation, medical management, social assessment, psychiatric consultation, if necessary, individual counselling and group sessions. The individual counselling and medical management combine to form the basic treatment approach in the majority of cases, with medical management usually required during the early phase of treatment but preferably replaced by the psychotherapeutic support of counselling as time progresses. Each case, of course, must be treated on its individual merits, with a flexible approach.

The Clinic staff conducted a total of 3,533 personal interviews or individual treatment sessions during the year. The breakdown of this number is given in Table III along with figures for 1967 for comparison. The present counselling staff is quite adequate for the present case load and, with the

experience now gained, should be able to cope with the anticipated increase in treatment requirements during the coming year. However, with the increasing demands of the other responsibilities of the alcoholism program in this Province, further assistance for medically orientated patient management will become essential in the near future.

TABLE III

CLINIC INTERVIEWS

	1967	1968
Patients	2817	3148
Patients' Families	246	325
Miscellaneous	47	60
TOTAL	3110	3533

Evening group sessions are held at the Clinic at bi-weekly intervals during the Fall, Winter and Spring months. During the past year 21 such sessions were held consisting of lectures, films, tapes and discussions on different facets of the disease of alcoholism. These group discussions enable patients to obtain a better understanding of their illness and also engender a feeling of belonging to a group of individuals having the common problem of alcoholism. Attendance at group sessions is voluntary and, although the number of patients attending is not large, those that do so would appear to benefit markedly.

This year a follow-up study has been carried out on 200 consecutive Clinic patients who have had an average of two years since they first registered. It was considered of value at this time to obtain an indication of the success of treatment and rehabilitation in our clinical setting. In assessing successful management, various criteria of social re-integration are utilized in addition to drinking behaviour. As expected, the study revealed an appreciable number of "drop-outs", that is, patients who have not maintained clincial contact sufficiently long to prove of any benefit. This is a constant finding in all studies of alcoholism clinic statistics. However, patients who do continue contact have shown a success rate of 75 per cent, which compares favourably with that shown in studies conducted in out-patient clinical settings elsewhere. An attempt has been made to elicit those factors which may play a significant part in improvement with the results being subjected to statistical analysis. It is interesting to note that the security of employment, family stability, motivation, early recognition of the disease, family participation, group session participation and a prolonged period of treatment are all factors which aid the long-term recovery rate.

The Executive Director maintains liaison with the Alcoholism Unit of the Nova Scotia Hospital where he serves as a Consultant in Alcoholism. With the assistance of the Welfare Officer, Doctor Snow provides courtesy lectures to the patients at bi-weekly intervals as part of the educational program of the Hospital in its treatment approach to the alcoholic patient.

During the year 24 lectures were given at the Nova Scotia Hospital to a total attendance of 667 persons. Following the lectures 125 patients also had an opportunity for individual interviews in order to obtain advice regarding rehabilitation and follow-up management after discharge from hospital.

LIBRARY

The growth of the Foundation library has continued with the acquisition of new publications on the subject of alcoholism as they become available. This material is available both for staff use and for loan to students and the general public who have utilized this service to an increased extent in the past year.

There has also been an increased demand for the varied assortment of pamphlet material which is available for distribution on request to interested individuals and groups. This material contains information beneficial to patients, their families, specific professional groups and the general public.

During the year 8,439 pieces of literature were distributed, representing an increase of 42 per cent over the preceeding year.

The members of the Local Committees on Alcoholism which are sponsored by the Foundation are supplied with special booklets and publications for study purposes. Many of the Committee members have also been responsible for distribution of pamphlet material to interested persons.

There have been some additions to the Foundation's film library during the year and a very marked increase in the use of films throughout the Province for schools, youth groups, Local Committees and the general public has been noted.

A variety of tapes is also available for use in group sessions and for illustrative purposes in professional training.

The Nova Scotia Alcoholism Research Foundation has continued as a participating member in the Canadian Foundation on Alcoholism. The Canadian Foundation, with the support of the Department of National Health and Welfare, sponsors an Annual Canadian Conference on Alcoholism

for a limited number of delegates from each member program. The Third Annual Conference was held in Edmonton in June, 1968. The Nova Scotia Foundation was represented at this Conference by Doctor C.M. Harlow, Doctor J. M. Snow, and Mr. E.T. Fitzpatrick, with Doctor Snow again participating in the program. While in Edmonton Doctor Harlow and Doctor Snow also attended the Annual Meeting of the Canadian Foundation on Alcoholism at which Doctor Harlow was elected Vice-President of the Foundation. Doctor Snow continues as a member of the Program Committee.

The Program Committee, which is comprised of the Alcoholism Program Directors of the Canadian Provinces and Territories, met in Edmonton in June and again in Ottawa in November, 1968. Arrangements are presently being made for the Fourth Canadian Conference on Alcoholism to be held in Winnipeg in 1969, and the Nova Scotia Alcoholism Research Foundation would anticipate adequate representation at this meeting.

The Nova Scotia Alcoholism Research Foundation maintains its membership in the North American Association of Alcoholism Programs. This year the Executive Director, Doctor Snow, and the Welfare Officer, Mrs. O'Sullivan, represented the Nova Scotia Program at the Annual Meeting held in Washington, D.C., in conjunction with the International Congress on Alcohol and Alcoholism, which they also attended.

The national and international organizations in the field of alcoholism, as well as many of their member programs, are showing a definite trend toward broadening their area of concern to include other types of drug dependency. Locally our terms of reference deal specifically with alcoholism, but in our professional and public contacts there is increasingly frequent evidence of a very high level of interest in our society for the problems created by dependence on other drugs.

The program of the Nova Scotia Alcoholism Research Foundation has been maintained in the fields of research, education, treatment and rehabilitation, with indications of increasing activity in all aspects and future expansion of staff and services would be anticipated.